

# No Equipment Workout for Travel or Home

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# The Workout

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- This workout targets the entire body and is great for travelers or those who don't have a lot of equipment.
- All you need is a thick phone book (or any other thick, heavy book), water bottles or soup cans and a stool or chair. Some exercises are advanced, so use caution and modify the workout to fit your fitness level.

# Before You Begin. . .

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- Begin with a warm up of light cardio
  - Walk in place, side step, arm circles, etc.
- Beginners perform 1 set of 12-16 reps of each exercise, modifying each move to fit your fitness level
- Intermediate/Advanced: Performs 2-3 sets of 10-16 reps with short rests in between
- Add intensity by adding weight or slowing the movements down
- See your doctor if you have any injuries or illnesses prior to starting a program.

# Shoulders

- Lateral Raises
  - Stand or sit holding “weights” on the outside of each thigh, palms facing in.
  - Leading with the elbows and keeping arms slightly bent, lift arms out to the side, stopping at shoulder level (wrists straight) and lower.
  - Don't lift past the shoulder!



# Shoulders

## ■ ***Rear Delt Fly***

- With feet hip-width apart, tip from the hips until back is flat and parallel to the floor, abs braced.
- Lift the arms straight out to the sides to shoulder level with thumbs pointing up to the ceiling. Lower and repeat.
- No weights needed.
- If this hurts your shoulders, skip it!
- Can do this exercise seated if you prefer.



# Bicep Curl

## ■ ***Bicep Curl***

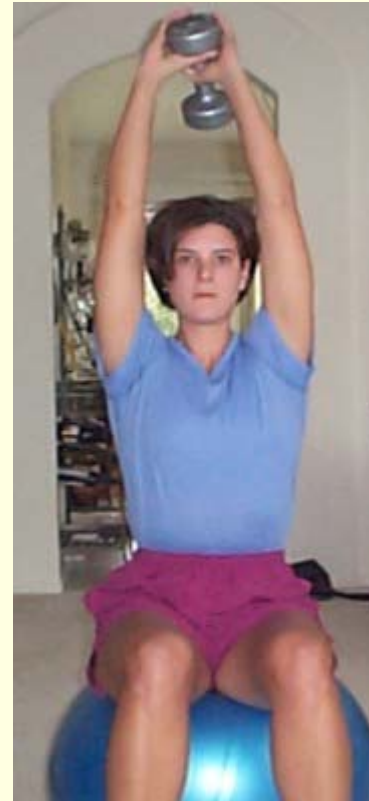
- Stand with feet hip-width apart holding light dumbbells in front of thighs, palms out.
- Bend elbows and bring weights towards the shoulders (without swinging).
- Lower back down, slowly against resistance



# Tricep

## ■ **Tricep Press**

- Stand or sit with feet hip-width apart, holding a light “weight” in both hands. Extend arms overhead, elbows next to ears, arms straight.
- Bend elbows and slowly lower weight behind you until elbows are at 90 degrees--keep the elbows in and right next to ears.
- Contract triceps and straighten elbows to beginning.
- Keep abdominals tight and sit tall – proper alignment



# Tricep Dip

## ■ ***Triceps Dips***

- Sit on a bench or chair with hands resting next to thighs. Push up and bring the hips out, butt just brushing the bench, knees bent. Bend the elbows and lower body down (staying close to bench) until elbows are 90 degrees.
- Push up and repeat. Straighten the legs for more intensity.
- If this hurts your wrists – avoid it.





# Chest

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## ■ Chest Flies

- Lie supine on bench, step or floor, abs tight and lower back flattened on the bench.
- Start with “weights” directly over chest, palms facing each other, elbows slightly bent. Lower “weights” out to sides, stopping at shoulder level, then bring “weights” back up over chest.
- Think of hugging a tree.



# Back

## ■ **Back Extensions**

- Lie face down with hands either behind the back or lightly cradling the head. Lift upper body off the ground a few inches, keeping head and neck in alignment.
- For a challenge, (only if you have no back problems) then lift feet off the ground keeping legs straight (knees don't have to be together), hold for 2-4 counts and lower.
- Make sure you breathe!



# Pushups – targets all upper body

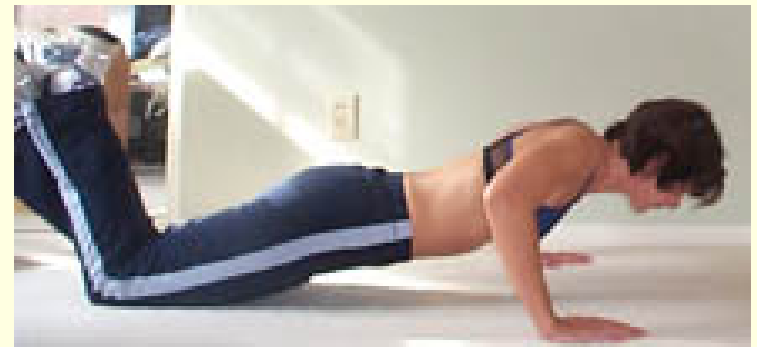
## ■ ***Staggered Pushups***

- Try a different version of your usual pushup by putting one hand on a phone book (or any other object) and the other on the floor. On your knees or toes (and with body straight) lower down into a pushup and push back up. Do as many as you can and move on.



## ■ ***Modified Pushups***

- Pushups work your arms, chest, abs and back and you don't need any equipment. Do them on your knees (easier) or toes and keep your back straight (no sagging) and your head in neutral alignment. Keep abs tight as you lower and exhale as you push back up. Do as many as you can and move on.
- ***Modification*** – push up standing against a wall



# Core

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## ■ ***Plank***

- Lie face down on mat with elbows resting on floor next to chest. Push your body off the floor in a pushup position with body resting on elbows or hands. Contract the abs and keep the body in a straight line from head to toes.
- Hold for 30-60 seconds and repeat as many times as you can. For beginners, do this move on your knees and gradually work your way up to balancing on your toes.



# Abdominals

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## ■ **Crunches**

- Lie on your back with your hands crossed across your chest or supporting the head, knees bent.
- Contract abs to lift shoulders (don't pull the neck) off the floor, bringing rib cage towards the pelvis.
- Hold for two counts, then lower slowly to the starting position. Repeat.



# Abdominals

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## ■ ***Oblique Crossover Crunches***

- Lie on your back and cross right foot over left knee. Lift shoulder blades off the floor and curl left shoulder towards right knee, contracting the right side of waist.
- Lower and repeat on the same side before switching sides.



# Pilates for Abdominals

## ■ 100's

- Lie face up and bring legs up, keeping them straight and together. Lift head and shoulders off the ground, pulling in the abs (don't let them bulge out) and bringing hands next to thighs.
- Lower the legs as much as you can while keeping your back on the floor and press hands up and down, counting with each press.

- Inhale for 5 counts, exhale for 5 counts and repeat until you hit 100, lowering your legs once again halfway through.
- Modify by bending the knees
- If your neck hurts, place the head down





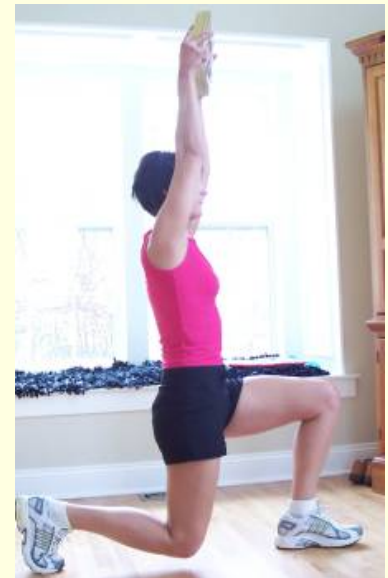
# Lower Body

## (gluteals, quadriceps, hamstrings)

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### ■ ***Assisted Lunge***

- Stand in split stance, feet about 3 feet apart using a chair for balance.
- Keeping torso straight, bend knees and lower body towards the floor **without allowing front knee to bend over the toe** (you should see the tip of your shoe). Push through the heel to come back up. Repeat on each leg.
- To modify do your lunge without a chair or put a thick book under one foot, to stagger the stance.





# Lower Body Squats

## (gluteals, quadriceps, hamstrings)

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### ■ ***Chair Squat***

- Stand in front of a chair with feet hip-width apart, abs in and torso straight. Slowly bend your knees and lower and until you're almost touching your butt to the chair. Hold for 2-3 seconds, **knees behind the toes**, and straighten.



# Pilates for Lower Body

## (gluteals, quadriceps, hamstrings)

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### ■ **Bridge**

- Lie face-up on the floor, knees bent, heels close to butt.
- Exhale and squeeze glutes to lift hips off the floor as high as you can without straining back.
- Keep the weight in the shoulders and never in the neck.
- Keep your knees parallel (don't let them flare out) and relax arms to your sides. Hold for 4-6 breaths.



# Gluteal's

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## ■ Kneeling Butt Lift

- Get down on elbows and knees, abs tight and back flat. Bend the leg at the knee to a 90 angle.
- Squeeze the butt to lift leg until it's level with hips and lower. Repeat on each leg.



# Leg Lifts

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## ■ **Straight Hip Extensions**

- Using ankle weight (or no weight) lie on floor, abs tight. Slowly lift leg up until perpendicular to the floor, lower back to starting position without relaxing.



# Inner and Outer Thighs

## ■ Hip Adduction

- Lie on one side, one foot bent in front. Tighten abs and slowly lift other leg as high as you can, keeping leg straight, foot slightly flexed. Use ankle weights for added resistance.



## ■ Hip Abduction

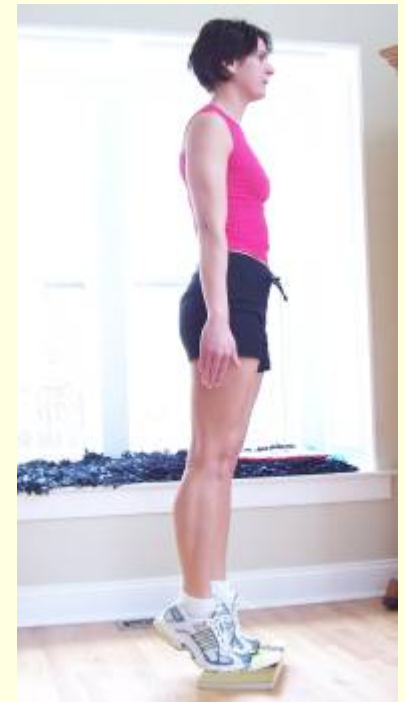
- Lie on one side, hips stacked, knees slightly bent. Head rested down on arms (not as shown)
- Lift top leg, squeezing the glutes, then lower back down without completely relaxing. Use ankle weights for added resistance.
- Can do this standing



# Calves

## ■ ***Calf Raise***

- Stand on phone book with heels hanging off the back. Keeping body straight, lift the body up onto tiptoes by contracting the calves. Lower and repeat.
- You can do this on the floor as well.



# WALKING for Cardio

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- Walking is one of the easiest, most enjoyable, and most profitable forms of exercise. All you need is a good pair of shoes, comfortable clothing, and desire.
- Start out slow and easy. Just walk out the door.
  - For most people this means head out the door, walk for 10 minutes, and walk back. That's it? Yes, that's it. Do this every day for a week. If this was easy for you, add five minutes to your walks next week (total walking time 25 minutes). Keep adding 5 minutes until you are walking as long as desired.
  - WATCH your posture. Walk tall. Think of elongating your body. Hold your head up and eyes forward. Your shoulders should be down, back and relaxed. Tighten your abdominal muscles and buttocks and fall into a natural stride.
  - Bring a water bottle and protect yourself from the sun!



# Stretching

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## ■ Lower Body

- Hamstring
- Quadriceps
- Gluteals
- Calf stretch

## ■ Upper Body

- Shoulder
- Chest
- Back
- Neck relaxer



# links

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- <http://www.bluesuitmom.com/health/personaltainer/exerciseofweek.html>
- <http://www.bluesuitmom.com/health/personaltainer/workoutonthego.html>
- [http://www.slim-fast.com/fitness/fitness\\_article.asp?subject=deskercise\\_e](http://www.slim-fast.com/fitness/fitness_article.asp?subject=deskercise_e)